



(440) 354-1622
(440) 953-6272
(440) 953-6138 Fax
(440) 354-1245 E Clinical Fax

Pre-registration and physicians orders are required for all classes.

Matching Insulin to Carbohydrate and Tune Up classes also available. Please call the office to schedule.
Class dates and times are subject to change.

2012 Basic Diabetes Class Schedule

TRIPPOINT

7580 Auburn Rd Suite 207 Concord

WEST

36000 Euclid Ave Willoughby

Basic Diabetes Classes Tripoint (9am –11am)

(Thursdays)

January 19, 26, February 2, 9
April 5, 12, 19, 26
June 7, 14, 21, 28
August 9, 16, 23, 30
October 11, 18, 25, November 1

Basic Diabetes Classes Lake West (9am –11am)

(Thursdays)

March 1, 8, 15, 22
May 10, 17, 24, 31
July 12, 19, 26, August 2
September 6, 13, 20, 27
November 29, December 6, 13, 20

Basic Diabetes Classes Tripoint (1pm –3pm)

(Mondays)

January 9, 16, 23, 30
March 5, 12, 19, 26
June 18, 25, July 2, 9
October 1, 8, 15, 22

Basic Diabetes Classes Lake West (1pm – 3pm)

(Wednesdays)

February 1, 8, 15, 22
April 18, 25, May 2, 9
May 23, 30, June 6, 13
August 1, 8, 15, 22
October 17, 24, 31, November 7

Basic Diabetes Classes Tripoint (6pm – 8pm)

(Mondays)

February 6, 13, 20, 27
April 9, 16, 23, 30
May 14, 21, June 4, 11
July 23, 30, August 6, 13
August 27, September 10, 17, 24
November 5, 12, 19, 26

Basic Diabetes Classes Lake West (6pm-8pm)

(Wednesdays)

January 4, 11, 18, 25
March 14, 21, 28, April 4
June 27, July 11, 18, 25
September 12, 19, 26, October 3
November 14, 28, December 5, 12

Basics of Diabetes Self-management

This four-part class is designed for people with diabetes who want a healthy level of control. A team of

Certified Diabetes Educators teach how food, activity and medication affect blood sugar levels. You are in the driver seat to make changes in your lifestyle that will get you to your goals.

Matching Insulin to Carbohydrates

This is a series of small group sessions for persons on multiple dose insulin or insulin pump therapy. It will help you learn correction factors and carbohydrate matching to better determine your insulin doses.

Diabetes Tune-up Class

This class is designed to motivate you for better diabetes control. Topics include updating blood glucose monitoring, making behavior changes, dealing with guilt/emotional ruts, making healthier food choices and more. This class meets for two 1-hour sessions. *Prerequisites: Diabetes Self-Management in past three years.*